



INVALID COOKERY

Issued by the Almoners
of the Hospital for
Sick Children,
College St., Toronto.

Beef tea
Cream of Tomato soup
Cocoa
Tea
Coffee
Orange Albumen
Lemon Albumen
Junket
Milk

RB339107



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Invalid Cookery

FOR THE USE OF THE
TRAINED NURSE

**And All Others Who Have
to Cook and Serve Food
for Invalids.**

INDIVIDUAL RECIPES

ALSO A CHAPTER

—ON—

The Feeding of Infants

**With Full Instructions
for Every Mother.**

ISSUED BY THE ALUMNAE

—OF—

The Hospital for Sick Children

College Street, Toronto

PRICE FIFTY CENTS

**TORONTO
1907**

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hundred and seven, by The Hospital for
Sick Children, Toronto, at the Department
of Agriculture, Ottawa.*

In grateful recognition of the deep interest shown in the welfare of the nurses of The Hospital for Sick Children and of the time and thought so freely given to the work of providing for their comfort in the Nurses' Residence recently erected by her husband for The Hospital for Sick Children, this book is dedicated to Mrs. J. Ross Robertson by

THE ALUMNAE.

PREFACE

A distinguished author has said that we can live without poetry, music or art, yes, without friends, but no civilized man or woman can live without cooks.

Men and women who are blessed with that greatest of blessings, good health, have little to complain about from a physical standpoint, and the chances are that being in so good form physically, they will be able to do their hours of work and enjoy life in whatever station their lot may be cast.

So that while cook books for adults in good health are not an unmixed blessing, if the cooks or chefs are experts at their calling, cook books that deal with dishes for those not so favored are an absolute necessity.

The shelves of the bookmen are laden with cook books for those who have an appetite for almost everything good that is set before them, whether it be Irish stew, sunshine pudding or mayonnaise for blue Monday salad—it's all the same if it's food.

But there is another class that require catering to, those who crave for good digestion to wait on appetite, who line up in battalions as invalids, whose food has to be carefully selected and so prepared that whatever of appetite is left may be sharpened, that in the end good health may follow.

To meet this want, like other wants

—it may be called “a long-felt want”—is the object of this unpretentious volume.

The general cook book caters for everyone. The invalid cook book suggests dishes for those who are sick—and this book not only caters for the sick ones, young and old—but does it specially in individual form, with individual recipes for all classes of foods.

This book is compiled for not only the use of the trained nurse, but for those of the public who desire to use its recipes. Every trained nurse should have it in her satchel, for invalid cookery should form the basis of every trained nurse's education.

The trained nurse—yes, those who are not trained, should attend personally to the diet of the patient. This is a necessity that is beyond peradventure.

Food properly cooked, daintily served, plays a most important part in the care of the sick.

The trial of new dishes is urged, with care in ornamentation and garnishing.

Making dishes as attractive in appearance as well as in taste, will raise the standard of cookery without necessarily increasing the expense.

This book has been compiled by Mrs. George Macbeth, the chief dietitian of the Hospital for Sick Children, Toronto.

It is the property of the Hospital, and is issued by the Alumnae of the institution, and its contents have commended themselves to all the physicians on the staff who have read the proof before publication.

The chapter on infant feeding is by Dr. Alan Canfield, one of the staff of the Hospital, who has given this branch of medical work special attention. It is an authoritative guide to aid in the development of the babe, while child-feeding is also considered.

INVALID COOKERY

POINTS FOR THE READER

A few points to consider in feeding the sick:

The best means of stimulating the appetite is to have good food, well cooked, and carefully and attractively served.

Appeal to sense of taste.

Nutritive value.

Digestibility.

Appeal to sense of sight.

Consider temperature, serve **hot or cold**.

Economy.

Select the choicest china, silver and glassware at your command.

Make each tray as attractive as possible.

Serve small quantity of food.

Follow the doctor's orders, but serve and cook the desired food in different ways so that patient will not tire.

Order for setting tray:—

Lay spotless white cloth, locate plate, place knife at right of plate, place spoons at right of knife (bowl up), fork at left of plate (tines up), place bread and butter plate over fork a little to left, napkin left of fork, cup and saucer right of knife, water glass over knife, a little to right. Arrange other dishes to suit the convenience of patient. Always, if possible, have small vase with flowers. Never crowd tray. — Serve butter balls with sprig of parsley.

SOUPS

Cream of Pea Soup.

- $\frac{1}{3}$ can of canned peas.
- $\frac{1}{4}$ cup cold water.
- $\frac{1}{4}$ teaspoon sugar.
- $\frac{2}{3}$ cup scalded milk.
- $\frac{1}{4}$ tablespoonful butter.
- $\frac{3}{4}$ tablespoonful flour.
- $\frac{1}{8}$ teaspoonful salt, few grains of pepper.

Wash peas thoroughly, then strain, add sugar and cold water. Simmer ten minutes. Cook flour and butter together, add milk, salt and pepper, and cooked peas, strain and serve with croutons.

Mutton Broth.

- 3 pints cold water.
- 3 lbs. lamb or mutton.
- 2 tablespoonsful boiled rice or barley.

Salt and pepper.

Mint leaves or sprig of parsley to give flavor.

Put meat and bones in saucepan, add water, allow to come to boiling point, let simmer till meat is tender. Remove fat and meat, strain, add cooked rice or barley. If cooked in broth it absorbs a large quantity of the liquid.

Tomato Soup.

- $\frac{1}{4}$ cup tomato.
- $\frac{1}{2}$ cup water.
- 1 teaspoonful Bovril.
- Small piece of onion.
- 1 clove.

Salt and pepper.

Cook all together and strain.

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Chicken Broth.

- 3 lbs. chicken.
- 3 pints cold water.
- 2 tablespoonsful rice.
- Salt and pepper.

Prepare and disjoint chicken, wipe with damp cloth. Put in kettle, add cold water, allow to come to boiling point slowly. Cook until meat is tender. Add salt and pepper. Strain and remove fat. Reheat to boiling point. Add rice, cook until rice is soft. Strain. One tablespoonful rich cream may be used, also a few grains of celery salt.

Asparagus Soup.

- $\frac{1}{3}$ cup asparagus tips.
- Yolk of 1 egg.
- 1 tablespoonful of cream.
- $\frac{2}{3}$ cup chicken stock.
- Salt and pepper.

Cook asparagus with cold water, let it come to boiling point. Drain. Allow stock and asparagus to simmer ten minutes, rub through sieve, reheat, add egg, cream and seasoning, be careful not to let it boil. Strain and serve.

Potato Soup.

- $\frac{1}{2}$ of a potato.
- Small piece of onion.
- $\frac{3}{4}$ cup milk.
- 1 teaspoonful butter.
- $\frac{1}{2}$ teaspoonful flour.
- $\frac{1}{4}$ teaspoonful finely chopped parsley.
- Salt and pepper.
- A little celery salt if desired.

Cook and flour and butter, add milk and onion, mash potato, add to white sauce. Strain, pour over chopped parsley. To make this soup richer, strain over $\frac{1}{4}$ cup whipped cream. Serve with croutons.

Oyster Soup.

- $\frac{1}{2}$ cup milk.
- 1 tablespoonful butter.
- $\frac{1}{2}$ tablespoonful flour.
- Salt and pepper.
- Small piece of mace.

Cook flour and butter, add milk, salt, pepper and mace. Allow to boil three minutes, remove mace, add oysters, allow to cook until edges curl. Serve quickly.

Oyster Stew.

- $\frac{1}{4}$ cup milk.
- $\frac{1}{4}$ tablespoonful butter.
- 8 oysters.
- Salt and pepper.

Scald milk, cook and strain oyster juice, add oysters. Cook until edges curl, not longer. Add hot milk, butter, salt and pepper. Serve with crackers.

Spinach Soup.

- 1 tablespoonful butter.
- 1 tablespoonful flour.
- $\frac{3}{4}$ cup milk.
- 1 tablespoonful chopped, cooked spinach.
- Salt and pepper.

- $\frac{1}{4}$ cup whipped cream. (This may be omitted.)

Cook flour and butter together, add milk, allow to boil, add spinach, pepper and salt. Strain over cream.

Cream of Tomato Soup.

- $\frac{3}{8}$ cup tomatoes.
- 1 tablespoonful flour.
- 1 tablespoonful butter.
- Salt and pepper.
- $\frac{1}{2}$ cup of milk.
- Pinch of soda.

As soon as tomato is hot, add soda; when effervescence ceases add the tomato to cream sauce. Allow to boil, then strain. Serve with croutons or small pieces of toast. If desired, have $\frac{1}{4}$ cup whipped cream, pour hot soup over the cream.

FISH

Whitefish, as a rule, are more easily digested than beef. They furnish a desirable substitute for more stimulating meats during warm weather. Oily fish is more difficult to digest. Salt fish is less easily digested than other fish.

Boiled Haddock.

Clean and wipe a small piece of haddock, put in cheese cloth, placed in stew pan of boiling water, enough water to cover fish. Add $\frac{1}{2}$ tablespoonful of vinegar, cook until flesh separates from bone.

Creamed Oysters.

$\frac{1}{2}$ cup oysters.

1 tablespoonful butter.

1 tablespoonful flour.

$\frac{1}{3}$ cup milk.

Salt and pepper. Celery salt may be used.

Cook oysters in oyster liquor until edges curl, then add to white sauce, serve on toast or shredded wheat.

Fish Souffle.

Force cooked fish through a strainer, about $\frac{1}{4}$ cup of fish. Cook $\frac{1}{4}$ cup bread crumbs with $\frac{1}{3}$ cup milk. Cook five minutes. Add fish, $\frac{1}{2}$ tablespoonful butter, salt and cayenne pepper. Beat white 1 egg beaten stiff, add to mixture, turn into buttered moulds. Set in pan of boiling water, cover with buttered paper, and bake in moderate oven until firm. Serve with sauce.

Scalloped Oysters.

Butter dish, put a layer of crumbs, then layer of oysters, salt and pepper. Fill dish, leaving crumbs on top, put small pieces of butter on top, cook until edges curl. A little lemon juice or vinegar may be added.

Creamed Fish.

- 1 teaspoonful flour.
- 2 teaspoonsful butter.
- $\frac{1}{4}$ cup milk.
- $\frac{1}{4}$ cooked fish of any kind.
- Salt and pepper.

Cook flour and butter, add milk, salt and pepper, add fish. This may be served in border of potatoes.

Creamed Codfish.

- $\frac{1}{3}$ cup milk.
- 1 tablespoonful butter.
- $\frac{1}{2}$ tablespoonful flour.
- Yoke of 1 egg.

Cook butter, flour and milk, pour over egg, add fish. Allow fish to stand in warm water until soft.

Fried Oysters.

Drain oysters, put in dry towel and dry gently. Make batter of 1 tablespoonful flour, 2 tablespoonsful water, salt and pepper, put oysters in batter, egg, then crumbs, and fry in deep fat. The batter may be omitted.

Raw Oysters with Sherry.

Put six raw oysters in glass, sprinkle with salt, and pour over 1 tablespoonful of sherry. Serve with wafers.

Steamed Halibut.

Clean a small piece of halibut, wrap in cheesecloth, put in strainer over a kettle of boiling water, cover closely. When flesh leaves the bone remove to hot plate. Serve with sauce.

Broiled Fish.

Wipe fish, sprinkle with salt, place on buttered broiler, turn every ten seconds, cook until well browned. Spread with butter, salt, garnish with parsley and lemon, cut in fancy shapes.

MEAT

Broiled Steak.

Cut steak one inch thick, wipe with a damp cloth. Heat wire broiler, put over clear fire or directly under gas. Turn every ten seconds, thus preventing escape of juices, cook five minutes if liked rare. Put on a hot serving dish, spread with butter, salt and pepper and a little finely chopped parsley. A porterhouse tenderloin and round steaks are the best. Lamb and mutton cooked in same manner.

Meat Balls.

Have finely chopped round steak, form into balls. Have an omelet pan hot, sprinkle with salt, turn every ten seconds until surface of each side is seared. Serve on toast, garnish with butter and parsley.

Bacon.

Cut bacon in thin slices, remove rind, place bacon on wire broiler over dripping pan, bake in hot oven until bacon is crisp and brown. Drain on blotting paper and serve.

Brown Stew.

Sear beef on both sides, add shredded onion, carrot, brown these, cover with cold water, add a few cloves, bring to boiling point, then simmer for $1\frac{1}{2}$ or 2 hours, thicken with a little browned flour blended with water, salt and pepper.

Pan Broiled Steak.

Prepare steak in the same manner as for broiled steak. Heat small frying pan hot, put in meat, turn every ten seconds. Do not pierce with a fork in turning, use a palate knife or griddle cake turner. Cook five minutes if one inch thick. Spread with butter, pepper and salt. Allow to stand in oven for a few moments. Lamb and mutton cooked in the same way.

Curry of Mutton.

- 1 cup of stock or water.
- 1 tablespoon flour.
- 1 tablespoon butter.
- Salt and pepper.
- 1 teaspoon curry.
- ½ oz. cold mutton or freshly cooked mutton finely chopped.

Cook flour and butter, add stock or water, salt and curry powder blended with a little water. Add meat, serve with border of boiled rice.

MEAT AND FISH SAUCE

Maitre d'Hotel Butter.

Cream 1 tablespoonful butter, add $\frac{1}{4}$ teaspoon lemon juice, salt and cayenne pepper, $\frac{1}{2}$ teaspoon finely chopped parsley.

Anchovy Sauce.

$\frac{1}{2}$ cup milk.
1 teaspoon (full) butter.
 $1\frac{1}{2}$ teaspoons flour.

Cook flour and butter, add milk, boil, then add 1 teaspoon anchovy sauce to give flavor and color.

White Sauce.

$\frac{1}{2}$ cup milk.
1 tablespoon flour.
1 tablespoonful butter.
Salt and pepper.

Cook flour and butter, add milk, salt and pepper. This is the foundation of all cream sauces and soups.

Cream Horseradish Sauce.

1 tablespoon cream beaten stiff, add gradually $\frac{3}{4}$ teaspoon vinegar, salt and pepper. Fold in $\frac{3}{4}$ tablespoon of grated horseradish. Serve with beef.

Cucumber Sauce.

Pare half a cucumber, grate and drain. Add a little vinegar, salt and cayenne; a few drops of onion juice may be added.

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Hollandaise Sauce.

- 1 tablespoon butter.
- 1 egg (yolk).
- 1 teaspoon lemon juice.
- 1½ tablespoons boiling water.

Put water, lemon juice, salt and cayenne together, pour over egg. Cook over water until mixture thickens.

Egg Sauce.

White sauce with chopped hard boiled egg.

Parsley Sauce.

White sauce, with 1 teaspoonful of finely chopped parsley.

Tomato Sauce.

- ½ tablespoonful butter.
- ¾ tablespoonful flour.
- ⅓ cup strained cooked tomatoes.
- 2 tablespoonsful stock or water.
- Few drops of onion juice.
- Salt.
- Pepper.

Cook all together by first cooking flour and butter, then add liquid.

Curry Sauce.

Mix ¼ teaspoonful mustard.

Dash of cayenne, salt, 1 tablespoonful olive oil or melted butter, 1½ tablespoonsful lemon juice or vinegar.

Pour this gradually over beaten egg (one), cook over hot water until it thickens, add ¼ teaspoonful curry powder, 1 teaspoonful butter, 1 teaspoonful water.

CHICKEN

Roast Chicken.

Dress, clean and truss a small chicken. Rub with salt. Mix a little flour, bacon fat or butter together. Spread this on breast and legs. Dredge pan with flour. Put in hot oven. When flour is browned reduce heat. Baste chicken frequently. If not enough liquid to baste, mix 2 tablespoonsful bacon fat or butter with $\frac{1}{2}$ cup boiling water. See that chicken browns evenly while cooking.

Broiled Chicken.

Grease broiler, sprinkle chicken with salt. Broil 20 minutes over a clean fire. The flesh side needs the longer exposure to the fire. Spread with butter and finely chopped parsley.

Maryland Chicken.

Joint chicken, wipe with a damp cloth. Dredge with flour, put into beaten egg and bread or cracker crumbs, salt and pepper. Put bacon fat or butter over it. Bake in a fairly hot oven until quite tender. Serve with white sauce poured around chicken.

Chicken Souffle.

Melt 1 teaspoonful flour, 1 teaspoonful butter, $\frac{1}{4}$ cup milk, add 1 tablespoonful bread crumbs, salt, cook one minute. Allow to cool, then add $\frac{1}{4}$ cup cold cooked chicken finely chopped. Fold in the white of 1 egg, beaten until stiff. Put in buttered tin. Set in pan of hot water, bake in moderate oven.

Curried Chicken.

Make white sauce, flavored with curry. Add cooked chicken. Serve with border of boiled rice.

Creamed Chicken.

Cut cold cooked chicken in small cubes. Make a white sauce. Cook 1 tablespoonful butter, $\frac{3}{4}$ tablespoonful flour, salt and pepper, add $\frac{1}{4}$ cup milk, celery salt or minced parsley may be used.

Sweetbreads.

Cover sweetbreads with cold water, allow to stand for one hour, pour water off, remove membrane, pipes and fat. Cook in boiling salted water for twenty minutes, drain and put in cold water. This is the method of preparing sweetbreads no matter how they are cooked.

Creamed Sweetbreads.

Make a cream sauce, 1 tablespoonful butter $\frac{3}{4}$ tablespoonful flour, $\frac{1}{2}$ cup milk, cook butter and flour, add milk, salt and pepper. Cut sweetbread in small cubes, put in sauce, and cook five minutes.

Breaded Sweetbreads.

Prepare sweetbreads. Cut through the middle, put in beaten egg, then bread crumbs. Cook in hot fat until nicely browned. Test for proper temperature of fat. If bread brown while you count 40 slowly.

Jellied Sweetbread.

Parboil one-half sweetbread. Cut in dice, have $\frac{1}{3}$ cup strong consomme. If consomme does not jelly when cold, add $\frac{1}{2}$ teaspoonful granulated gelatine, salt and pepper. Have mould chilled, decorate with small shapes of cooked vegetables. Pour a little consomme into mould. When hardened, put layer of sweetbread, cut in dice. Cover with consomme. Continue until mould is full, having consomme on top. When firm turn out on lettuce leaf.

VEGETABLES

Creamed Cauliflower.

Soak small cauliflower thirty minutes, head down in cold water. Cook in boiling salted water for twenty minutes, drain and serve with white sauce.

Creamed Asparagus.

Wash asparagus stalks, cut in small pieces. Cook in boiling salted water until soft. Cook tips for a shorter time than stalks. Drain and serve with white sauce or butter, pepper and salt.

Scalloped Tomatoes.

Butter dish, put layer of bread crumbs, salt and pepper, then layer of tomatoes until dish is filled, leaving crumbs on top. Add small pieces butter, salt and pepper, cook for 15 or 20 minutes.

Celery.

To prepare celery cut off roots and leaves, separate stalks, wash, scrape, chill in iced or cold water, add a slice of lemon. This makes it white and crisp.

Lettuce.

Select heavy heads with firm, light colored centres. Remove leaves from stalks. Wash in cold water, drain dry in towels. Keep in cold place.

Boiled Onions.

Put onions in cold water and remove skins. Put in saucepan, cover with boiling water, boil five minutes, drain and again cover with boiling water. Cook until soft. Drain and serve with white sauce or butter, salt and pepper.

Boiled Spinach.

Remove roots, discard wilted leaves, wash in several waters, cook for 25 minutes in its own juices (if young). If old cook in boiling salted water; allow $\frac{1}{4}$ as much water as spinach. Drain, chop, re-heat, add butter and salt, garnish with slices of hard boiled egg.

Steamed Squash.

Cut in pieces, remove seeds and stringy portion, then pare. Place in strainer and cook thirty minutes or until soft. Mash and season with butter and salt.

SALADS

Salads have but little food value, but are most useful for the water and potash salts they contain. They are cooling, refreshing and act as a stimulant to the appetite. Great care should be taken that the greens are quite fresh and well washed in cold water. Nearly all the meats, vegetables and fruits may be served as salads. Serve salads ice cold and never add dressing until just before serving.

Tomato Jelly.

Cover $\frac{1}{4}$ box of gelatine with $\frac{1}{4}$ cup of cold water. Soak half an hour. Put in a saucepan 1 cup strained tomato, add a piece of celery cut up, a slice of onion, a bay leaf. Bring to boiling point, add gelatine and strain through a sieve, add salt, cayenne and $\frac{1}{2}$ tablespoon lemon juice. Turn into small moulds, stand aside to harden. Serve on lettuce leaves with mayonnaise dressing.

Sweetbreads with Celery.

Cut cold cooked sweetbreads into dice and mix with an equal quantity of celery. Cover with mayonnaise and garnish with lettuce. Chicken or veal may be prepared in the same manner.

Fringed Celery.

Cut white thick celery into two-inch lengths. Make parallel cuts on each end, then cut at right angles. Throw these into ice water for one hour to curl. Drain and shake dry before using.

Apple and Celery Salad.

Cut a slice off the top of the apple. Remove apple with a spoon being careful not to break the skin (use red apples if possible) take equal quantities of finely cut up celery and apple, 1 teaspoonful finely chopped walnuts, mix all together with a little mayonnaise or any salad dressing, a dash of salt and cayenne. Put mixture into apple skin. Pile in cone shape with a little mayonnaise on top. Serve on lettuce leaf or border of shredded lettuce.

Cucumber and Tomato Salad.

Slice cucumbers and tomatoes into pieces of equal thickness, and lay them alternately around a bunch of white lettuce leaves. Serve with mayonnaise or French dressing.

Egg Salad.

Separate yolk from white from one hard-boiled egg. Finely chop white, moisten with French dressing, arrange on lettuce leaf, then force yolk through a strainer to form a border.

Lettuce Salad.

Use only the tender leaves, and allow to stand in cold water to become crisp. Wipe leaves or shake them in a towel until quite dry. Serve either shredded or in natural leaf. Rub the inside of salad dish with an onion, arrange lettuce and pour over French dressing.

Tomato Salad.

Peel, chill a tomato, cut crosswise in thirds. Arrange on lettuce leaves and serve with mayonnaise or French dressing.

Mayonnaise.

Yolk of 1 egg.

$\frac{1}{2}$ teaspoonful salt, dash cayenne.

1 cup salad oil.

$1\frac{1}{2}$ tablespoons lemon juice.

Let the oil and egg be thoroughly chilled before beginning to make mayonnaise. If hot weather, stand bowl on ice, stir egg constantly with wooden spoon or silver fork. Drop oil in drop by drop, slowly at first. As soon as the dressing has become a little thick, drop alternately a few drops of lemon juice or Taragan vinegar with oil. Add salt and pepper last. Keep in a cool place.

Boiled Dressing.

$\frac{3}{4}$ teaspoonful salt.

$\frac{3}{4}$ teaspoonful mustard.

Few grains of cayenne.

Yolk of 1 egg.

1 tablespoonful melted butter.

$\frac{1}{3}$ cup cream.

1 tablespoonful vinegar.

Mix ingredients in order given, add vinegar very slowly. Cook over boiling water, stirring constantly until mixture thickens, strain and cool.

French Dressing.

1 tablespoonful olive oil.

$\frac{1}{2}$ tablespoonful vinegar or lemon juice.

$\frac{1}{8}$ teaspoonful salt.

Cayenne.

Mix and beat thoroughly, add to salad just before serving.

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1 cup vinegar, $\frac{1}{3}$ cup water, 2
 tablespoonfuls sugar, 1 egg well
 beaten, 1 teaspoon cornstarch,
 1 teaspoon mustard, a piece
 butter size of a walnut. Put
 in stove and boil and stir
 until it thickens.

MEMORANDUM

BEEF EXTRACT—BEEF TEAS AND GRUEL

Beef Extract.

Wipe a piece of round steak with a damp cloth, remove fat if any, place meat upon a broiler and sear on both sides, or put meat on hot frying pan and sear. Place on a hot plate, cut into pieces, put in a meat press or lemon squeezer. Squeeze juice into a cup that is standing in hot water. Add salt and pepper, and serve at once.

Barley Gruel.

1 cup boiling water.

1 tablespoonful barley.

Salt to taste.

Cook for 20 minutes, strain, add cream, re-heat.

Arrowroot Gruel.

1 cup milk.

1 teaspoonful arrowroot.

Dissolve 1 teaspoonful arrowroot in cold water, put this in hot milk, allow to boil for a few minutes, flavor with salt and sugar.

Cracker Gruel.

1 cup milk.

1 tablespoonful sifted cracker.

Cook in double boiler, add salt.

Rice Gruel.

2 tablespoonsful rice.

2 cups milk.

Cook for 1½ hours in double boiler, strain, add cream, season with salt.

Oatmeal Gruel.

1½ cups boiling water.

¼ cup oatmeal or rolled oats

Add meal to salted water. Allow to boil for a few minutes, remove to a double boiler, let boil for one hour, strain and add either cream or milk, and if necessary re-heat. Sugar and nutmeg may be added.

Indian Meal Gruel.

1½ cups boiling water.

¼ cup meal.

Prepare the same as for oatmeal. Allow to boil for one hour, strain, add cream, flavor and serve hot.

Beef Tea.

Cut a pound of round steak into small pieces. Put in gem jar, add cold water, cover; allow this to stand half an hour. Place jar in a pan of cold water; gradually heat water to boiling point; let this simmer for two hours; strain, season and serve.

Beef Tea with Egg.

Prepare as ordinary beef tea; pour hot over well beaten yolk of 1 egg, or entire egg.

Beef Extract.

Cut meat (½ lb. round steak) in small pieces. Put in gem jar. Allow gem jar to stand in cold water, let this come to boiling point, simmer for two hours. Remove meat to lemon squeezer, and squeeze into cup standing in hot water. Season and serve quickly.

Beef Tea.

½ lb. minced round steak. Cover with 1 cup of cold water, allow this to stand half an hour. Heat to boiling point. Strain, season, and serve either hot or cold.

BEVERAGES

1 cup boiling water, 1 tablespoon of coffee. Allow to boil 3 minutes, strain into hot cup. Serve with cream and sugar.

Coffee Egg-nog.

1 egg well beaten, 1 cup hot coffee, 1 teaspoonful sugar. Pour coffee over egg.

Water Egg-nog.

1 egg, 1 tablespoon sherry and orange juice, $\frac{3}{4}$ tablespoon sugar, $\frac{1}{2}$ cup boiling water. Beat egg, add sugar, orange juice to water, let come to boiling point and pour over egg.

Rice Water.

3 tablespoons rice (washed), $3\frac{1}{2}$ cups boiling water, pinch of salt. Allow rice to boil until soft, strain, add cream or milk if too thick, re-heat. Serve.

Flaxseed Tea.

1 qt. of boiling water, 2 tablespoons flaxseed. Let this simmer till reduced to one pint. Add lemon juice and sugar to taste. Strain and serve. Good for colds and kidney trouble.

Cocoa.

1 teaspoonful cocoa, $\frac{1}{2}$ cup boiling water. Allow this to boil for five minutes, add $\frac{1}{2}$ cup of hot milk, 1 teaspoonful sugar, pinch of salt. Let this boil one minute. Beat with fork before removing from fire, this prevents scum from forming. Whipped cream may be served if desired.

Fruit Egg-nog.

1 egg, 2 tablespoons juice of any fruit, 2 tablespoons cold water, sugar to taste. Beat egg slightly, add water and fruit. Strain over powdered ice.

Wine Whey.

3 tablespoons sherry, $\frac{1}{4}$ cup milk. Scald milk, add wine, stand five minutes, strain. Serve hot or cold.

Black Currant Water.

1 cup hot water, 2 tablespoons black currant, 1 tablespoon lemon juice, sugar to taste. When boiling hot strain and serve either hot or cold.

Albumen Water.

$\frac{1}{2}$ cup cold water, white of one egg. Put egg and water in gem jar and shake. Add dash of salt, strain and serve cold.

Chocolate.

$\frac{1}{2}$ square of Baker's chocolate, 1 tablespoon sugar, $\frac{1}{4}$ cup boiling water, $\frac{3}{4}$ cup hot milk. Dissolve chocolate in hot water, add sugar and hot milk.

Orange Egg-nog.

Juice of 1 orange (strained), 1 tablespoon sugar, 1 cup of cold or hot water. Pour over well beaten egg. If served cold add ice broken in small pieces.

Lemon Egg-nog.

1 egg beaten separately, $\frac{1}{2}$ cup of cold water, 2 tablespoons lemon juice, 1 tablespoon sugar. Pour water over sugar and egg, add lemon juice and white of egg well beaten and pour over powdered ice.

Tea.

1 cup of boiling water, 1 teaspoon of tea. Pour boiling water over tea, cover, strain into heated cup. Serve with cream and sugar or slices of lemon and sugar.

HOT PUDDINGS

Cream Sago Pudding.

2 tablespoons sago (wash thoroughly), $\frac{1}{2}$ cup water, yolk of 1 egg, $\frac{1}{4}$ cup milk, 1 tablespoon sugar, flavoring. Let sago cook in boiling water until clear. Heat milk and sugar to boiling point, pour over yolk of egg, add sago, put in buttered pudding dish and poach in oven. When cooking stir thoroughly once. When firm put on meringue (white of egg beaten dry, 1 tablespoon sifted sugar, few drops of lemon juice). Allow meringue to brown in oven.

Custard Pudding.

$\frac{1}{2}$ cup scalded milk, yolk of egg, pinch of salt, 1 teaspoon sugar, more if required, flavoring. Pour into buttered dish and either bake or steam until firm, about eight to ten minutes. Test knife should be clear and dry when taken out of it.

Indian Meal Pudding.

$\frac{1}{2}$ cup scalded milk, 1 dessertspoon of corn meal, 1 dessertspoon molasses, $\frac{1}{4}$ teaspoon ginger, dash of salt. Pour hot milk on meal and cook in a double boiler for 20 minutes. Add molasses, salt and ginger, pour in buttered pudding dish, bake in a slow oven until firm. Serve with cream.

Ginger Pudding.

1 teaspoon butter, $\frac{1}{8}$ cup sugar, $\frac{1}{4}$ of an egg (slightly beat and measure with a spoon), $\frac{1}{2}$ cup flour, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{2}$ teaspoon ginger, $\frac{1}{4}$ cup milk, pinch of salt. Steam 20 minutes, test with straw. Serve with orange sauce.

Apple Tapioca.

1 tablespoon tapioca, 1 apple cut in thin slices, $\frac{1}{2}$ cup boiling water, 1 tablespoon sugar mixed with a little cinnamon or nutmeg. Soak tapioca in $\frac{1}{4}$ cup cold water for one hour. Take part of the thinly sliced apple, put in boiling water, add tapioca, cook until clear. Place the remainder of apple in dish, sprinkle with sugar and spice. Pour tapioca over, put small pieces of butter on top. Bake until apples are tender. Serve with cream.

Puff Balls.

$\frac{1}{2}$ cup flour, $1\frac{1}{2}$ tablespoonsful butter (scant), $\frac{1}{4}$ cup sugar, 1 yolk of egg, 2 tablespoonsful milk, $\frac{3}{4}$ teaspoonful baking powder, pinch of salt, $\frac{1}{4}$ teaspoonful grated rind of lemon. Steam about twenty-five minutes. Test with straw. Serve with lemon sauce.

Quick Pudding.

$\frac{1}{4}$ cup milk, $\frac{1}{2}$ cup flour, $\frac{1}{2}$ teaspoon baking powder. Sift flour and baking powder, pinch of salt into milk. Beat thoroughly. Butter mould, then put 1 teaspoon of jam. Pour batter in and steam about 15 minutes. Serve with cream and sugar or any sauce.

Steamed Apple Pudding.

$\frac{1}{2}$ cup flour, $\frac{3}{4}$ teaspoon baking powder, pinch of salt, $\frac{1}{2}$ tablespoon butter, 4 tablespoons milk or water, 1 apple cut in quarters. Mix dry ingredients, work in the butter (lightly with your fingers) add milk or water gradually. Put out on board, roll dough, place apple in centre, sprinkle with sugar and nutmeg, draw dough well over the apple, see that there are no air holes. Put pudding in floured cheesecloth, tie and steam. Cook until apples are soft. Test with broom straw. Serve hot with cream and sugar or lemon sauce.

Custard Souffle.

Yolk of 1 egg, white of 1 egg, 1 tablespoon butter (scant), $1\frac{1}{4}$ tablespoons flour, 1 tablespoon sugar, $\frac{1}{4}$ cup scalded milk, flavoring. - Cook flour, butter and milk together. Pour this cooked mixture over well beaten yolk and sugar. When slightly cooled fold in well beaten white of egg. Put in buttered dish and poach in moderate oven. Serve at once. Any fruit sauce may be served.

Chocolate Bread Pudding.

2 slices of stale bread cut $\frac{1}{3}$ inch thick, $\frac{1}{2}$ tablespoon butter, $\frac{2}{3}$ cup milk, $1\frac{1}{3}$ tablespoons sugar (more if not sweet enough), 1 egg, flavoring. Remove crusts and grate bread, should be $\frac{1}{4}$ cup. Add milk, sugar, butter, $\frac{1}{2}$ square melted chocolate. Mix thoroughly, put in buttered pudding dish, bake in a moderate oven. Serve with cream.

Baked Apple Pudding.

$\frac{1}{4}$ cup bread crumbs, 2 tablespoons melted butter, 2 tablespoons sugar, little nutmeg, pinch of salt, 1 tablespoon water (hot), $1\frac{1}{2}$ apples. Butter pudding dish, put a layer of apples cut in very thin slices, sprinkle with sugar and nutmeg. Mix bread and melted butter together. Put a layer of crumbs, then apples, and repeat until dish is full. Have crumbs on top. Bake until apples are tender.

Bread Pudding.

$1\frac{1}{2}$ tablespoons bread crumbs.

$\frac{1}{2}$ tablespoon sugar.

2 teaspoons butter.

$\frac{2}{3}$ cup milk.

1 egg.

1 teaspoon grated rind of lemon.

Heat milk, add sugar, butter. Pour over well beaten egg. Mix this with bread crumbs and grated rind of lemon. Poach in oven until firm. Remove from fire, spread a little jelly or jam on pudding when cold. Put whipped cream or meringue on top.

COLD PUDDINGS

Caramel Pudding.

2 tablespoons cornstarch, 1 tablespoon sugar, 1 cup milk, flavoring, vanilla is best, $\frac{1}{3}$ cup brown sugar, caramelized. Heat milk, add sugar, cornstarch blended with a little water, pinch of salt, vanilla. Heat sugar in a small frying pan until quite brown. Gradually add this to cornstarch mixture. When thoroughly blended put in chilled moulds and serve with whipped cream or custard.

Coffee Custard.

1 cup milk, yolks of 2 eggs, 1 tablespoon of ground coffee, $1\frac{1}{2}$ tablespoons sugar, pinch of salt, $\frac{1}{4}$ teaspoon sherry, brandy or vanilla. Scald milk and coffee together for three minutes. Pour over egg and sugar and steam as ordinary custard.

Queen of Pudding.

- $\frac{1}{2}$ cup of scalded milk.
- $\frac{1}{4}$ cup bread crumbs.
- 1 tablespoon sugar.
- 1 teaspoon grated lemon peel.
- Yolk of 1 egg.
- White of 1 egg,
- 1 teaspoon lemon juice,
- 1 teaspoon powdered sugar.
- Jam.

Mix bread crumbs and sugar together, add hot milk. Pour this over well beaten yolk of egg, add lemon peel. Put in oven with small pieces of butter. Bake until firm. Remove from fire, spread with jam. Make meringue with white of egg, sugar, lemon juice. Pile unevenly, put in oven and brown. Serve with cream.

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$\frac{1}{4}$ cup of Tapioca soaked
in water over night, 1 qt.
milk minus 1 cupful. Put
in pinch of salt and
tapioca and let come to a
boil.

Beat yolk of four eggs
1 cup of sugar
and mix with cold milk
add to hot milk and let
boil a few minutes.

Chocolate pudding

1 Egg - 3 or 4 cup of milk
2 tablespoonful of Cornstarch.
 $\frac{1}{2}$ of " of Cocoa
Pinch of salt, little sugar
little vanilla

MEMORANDUM

Bread Pudding.

Butter bread, cut in thin slices. Put three layers of bread and butter, pour a little sherry or brandy over this, allow to stand. Make a boiled custard of 1 cup milk, yolks of 2 eggs, 1 tablespoon sugar (more if necessary), flavoring. Scald milk, pour over eggs and sugar, allow to cook until mixture begins to thicken, add flavoring. When cold pour over pudding. Cover with whipped cream, with candied cherries or blanched almonds.

Irish Moss Blanc Mange.

1½ cups cold water, 1¾ cups milk, ¼ cup Irish moss, pinch of salt, vanilla to taste. Soak moss in cold water for 20 minutes, strain, pick over and put into double boiler with milk. Cook 25 minutes, or until it thickens when dropped on a cold plate. Strain, add salt and flavoring. Pour into chilled moulds. Chill and serve with cream and sugar.

Cornstarch Pudding.

1 cup milk, 2 tablespoonsful cornstarch, 1 egg, 1 tablespoonful sugar, vanilla. Scald milk in double boiler. Mix cornstarch with a little cold milk, add sugar to hot milk, then cornstarch mixture. Separate the egg, beat yoke thoroughly, pour over hot mixture, add vanilla, pour into baking dish. Make a meringue of the well beaten white of egg and 1 tablespoonful of powdered sugar, a little lemon juice. Spread meringue over pudding lightly, sprinkle with sugar and brown. When cold serve with cream.

Prune Souffle.

White of 1 egg, $\frac{1}{3}$ cup sugar, 1 cup prunes, 1 teaspoonful lemon juice, pinch of salt. Allow prunes to soak in cold water. Cook until quite soft, remove stones and force through a sieve, re-heat, add sugar and lemon juice, when sugar is dissolved cool. Beat eggs until dry, and add gradually about 3 tablespoons prune mixture. Put in buttered pudding dish, and bake in slow oven for ten minutes. Serve cold with custard.

Apple Meringue Pudding.

$\frac{2}{3}$ cup cooked apples, $\frac{2}{3}$ tablespoon butter, 1 egg, 1 tablespoon sugar, a little nutmeg or cinnamon, pinch of salt, $\frac{1}{3}$ teaspoon almond flavoring. While apples are hot add spices, butter and well beaten yolk of egg. Beat until quite light. Put into well buttered dish and bake ten minutes in a hot oven. Make a meringue with white of egg and powdered sugar, flavor. Pile this lightly on pudding and brown. Serve with custard or cream.

Snow Pudding.

- 1 teaspoon gran. gelatine.
- 1 tablespoon cold water.
- $\frac{1}{2}$ cup boiling water.
- $\frac{1}{4}$ cup sugar.
- $1\frac{1}{2}$ tablespoons lemon juice.
- White of 1 egg.

Allow gelatine to soak in cold water, add boiling water, sugar and lemon juice. When beginning to set add to well beaten white of egg. Serve with custard.

Orange Sauce.

Prepare same as for lemon sauce.

Pudding Sauces.

1½ tablespoons powdered sugar, 1 tablespoon butter, ½ teaspoon sherry or lemon juice. Cream butter, add sugar, then add flavoring gradually.

Caramel Junket.

¾ cup milk, 1½ tablespoons sugar, few grains of salt, 2 tablespoons boiling water, ¼ teaspoon vanilla, 1 teaspoon lukewarm water, ¼ junket tablet. Heat milk, sugar, salt and vanilla, allow to get lukewarm. Add tablet that has been dissolved in warm water. Set in warm place for a few minutes, then remove to cold place. Be careful in moving. Serve with whipped cream or custard if desired.

Lemon Sauce.

1 teaspoon butter, 1 teaspoon cornstarch blended in a little cold water, ⅓ cup boiling water, ¾ tablespoon lemon juice. Add sugar and butter to hot water, add cornstarch, then lemon juice. Allow to cook five minutes.

Brandy Sauce.

1 egg white, 1 egg yolk, 4 tablespoons powdered sugar, 1 teaspoon brandy, pinch of salt. Beat white of egg till stiff. Add gradually powdered sugar, add yolk. Continue beating, then add brandy.

Fruit Sauce.

4 tablespoons of fruit juice, sugar if needed, ½ teaspoon cornstarch, 1 teaspoon cold water. Blend cornstarch with a little cold water. Heat fruit juice, add cornstarch and cook until clear.

CREAMS AND JELLIES

Westmount Cream.

- Yolk of 1 egg.
- 1 tablespoon sugar.
- 1½ tablespoons lemon juice.
- Few grains of salt.
- White of 1 egg.

Beat egg slightly, add sugar, lemon juice. Cook over hot water until mixture thickens, then add white of egg (beaten stiff). Serve in custard glasses cold.

Wine Jelly.

- 1 tablespoon orange juice.
- 1 tablespoon lemon juice.
- 1 tablespoon sugar (more if necessary.)
- 4 tablespoons wine.
- 2 teaspoons granulated gelatine.
- ½ tablespoon cold water.
- 2 tablespoons boiling water.

Soak gelatine in cold water for ten minutes, add boiling water, stir until dissolved over hot water, add sugar, wine, lemon and orange juice. Strain through cheesecloth into chilled mould.

Lemon Jelly.

- 4 tablespoons boiling water.
- 1 teaspoon gelatine.
- 1 tablespoon cold water.
- 3 tablespoons lemon juice.
- 2 tablespoons sugar.

Soak gelatine in cold water, boiling water when dissolved (gelatine), add sugar, lemon juice. Strain through cheesecloth, mould and chill.

Charlotte Russe.

- 1/2 cup whipping cream.
- 1/2 teaspoon granulated gelatine.
- 1/2 tablespoon boiling water.
- 2 tablespoons powdered sugar.
- Dash of salt, flavoring.

Line mould with lady fingers or slices of sponge cake cut in finger lengths. Whip cream and sugar until stiff. Dissolve gelatine in boiling water, strain and add gradually to cream, flavoring, sherry, wine, vanilla, etc. When cold turn out and serve.

Coffee Cream.

1/2 cup milk, 1 tablespoon coffee. Scald together for three or four minutes. Add to this 1 tablespoon sugar, 1 teaspoon gran. gelatine, 1/3 cup boiling water. Pour this hot mixture over well beaten yolk of egg. When cold and beginning to jelly add well beaten white of egg.

Ginger Cream.

- 1 teaspoon granulated gelatine.
- 1/2 cup milk.
- 1 tablespoon sugar.
- 1 yolk of egg.
- Flavoring ginger.
- 1 white of egg or whipped cream.

Scald milk, add sugar, gelatine, pour over egg, 1 yolk, ginger (essence). When quite cold and beginning to jelly add either white of one egg beaten stiff or 1/4 cup heavy cream whipped. Pour into chilled moulds. When set turn out and serve.

Coffee Jelly.

- 1 teaspoon granulated gelatine.
- 1/2 tablespoon cold water.
- 1/4 cup hot, strong coffee.
- 3/4 tablespoon sugar.
- Pinch of salt.
- Prepare as wine jelly.

Chicken Jelly.

A small chicken, or half a large one, in either case about 2 pounds, 3 cups cold water, a few pepper corns, salt. Skin, remove fat, cut meat and bones in small pieces, cover with cold water and peppercorns. Allow to come to boiling point, remove to back of stove and let simmer for four hours. Strain through cheesecloth, add salt, let stand till firm, remove fat, re-heat, and strain into small moulds if desired. Celery, parsley or any flavoring desired may be added.

Beef Jelly.

1 teaspoon gran. gelatine, $\frac{3}{4}$ pound round steak, 1 teaspoon cold water, $1\frac{1}{2}$ tablespoons hot water, celery salt and pepper (cayenne). Prepare beef as for beef extract, then follow mode of jelly making, adding beef juice last. Pour into chilled moulds.

Grape Fruit Jelly.

1 teaspoon granulated gelatine, $\frac{1}{2}$ tablespoon cold water, 1 tablespoon boiling water, 2 tablespoons sugar, 2 tablespoons grape fruit juice. Made the same way as lemon jelly. Chill mould, place 3 brandied cherries in bottom of mould. Strain jelly into mould, a little at first. Allow this to jelly, then strain the rest into the mould.

SANDWICHES

Sandwiches may be made of white, Graham or brown bread, and may be filled with any kind of meat, fish, salads, eggs, jams or with chopped nuts. Meat used for sandwiches must be finely chopped, seasoned and moistened with salad dressing. Butter for sandwiches should be first creamed, spread on bread before cutting. Cut as thin as possible.

Sardine Sandwiches.

Separate fish from bones, make into a paste, add lemon juice, cayenne and salt, a little salad dressing may be added if desired. Spread on one slice of bread and butter.

Spanish Sandwiches.

Spread buttered Graham bread with mixed mustard, then a layer of cottage cheese, then a layer of chopped olives and mayonnaise.

Chicken Sandwiches.

Chop chicken as finely as possible, moisten with mayonnaise or boiled dressing, dash of cayenne and celery salt, spread between bread and butter. Any cold meat may be used in the same way.

Cheese and Walnut Sandwiches.

Cream cheese, add walnuts finely chopped, moisten with a little salad dressing, dash cayenne, spread on bread.

Sweet Sandwiches.

Prepare bread and butter the same as for other sandwiches, spread with quince or orange marmalade or any jelly. Cut with a biscuit cutter of any attractive shape.

Lettuce Sandwiches.

Wash and dry lettuce leaves, put between thin slices of bread and butter with a little Mayonnaise or boiled dressing on each leaf. Allow the lettuce leaf to extend beyond edges of bread.

Raw Beef Sandwiches.

Scrape the raw beef, spread it between slices of bread, salt and pepper. These may be served hot or cold; if hot place on toaster and hold over coals until well heated, serve hot.

Egg Sandwiches.

Chop hard boiled eggs until very fine, mix with Mayonnaise, a little cayenne, spread between bread, and cut into any shape desired.

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BREAD AND BISCUITS

Bread.

- $\frac{1}{4}$ cup milk.
- 1 teaspoon butter.
- $\frac{1}{4}$ teaspoon salt.
- $\frac{1}{4}$ teaspoon sugar.
- $\frac{1}{2}$ yeast cake.
- Flour to make dough.

Add butter, salt and sugar to heated milk, when lukewarm add yeast which has been dissolved in a very little lukewarm water. Add flour, then knead until elastic and smooth. Put it in warm bowl, cover, let it stand in a warm place, let it rise until double its bulk, shape into loaf, let it rise again. Bake in hot oven.

Dry Toast.

Cut bread in finger shaped pieces about $\frac{1}{2}$ inch thick, or fancy shapes of any kind, then place in wire toaster, hold over fire to dry one side, then dry other side, holding some distance from the coals, then hold nearer to coals and color a golden brown, first one side, then the other. Toast should never be piled one slice on another, unless piled in log-cabin fashion. A toast rack is better.

Cream Toast.

- $\frac{3}{4}$ cup scalded cream.
- 1 tablespoon flour.
- 2 tablespoons cold milk.
- pinch of salt.
- 2 slices of dry toast.

Blend flour with cold milk, pour into scalded cream, allow to thicken, pour over toast, and serve hot.

Invalid Muffins.

- Whites of 2 eggs.
- 2 tablespoons butter.
- $\frac{1}{2}$ cup milk.
- 1 cup flour.
- 1 teaspoon baking powder.
- Pinch of salt.

Mix and sift dry ingredients, then add milk (slowly), well beaten egg and melted butter. Bake in moderate oven. To be eaten hot or cold.

Corn Muffins.

- 2 tablespoons milk.
- 1 teaspoon butter (melted and added last or rubbed dry into the flour).
- 2 tablespoons flour.
- $1\frac{1}{2}$ tablespoonful cornmeal.
- $\frac{1}{2}$ teaspoon baking powder.
- $\frac{1}{4}$ egg.
- $\frac{1}{2}$ teaspoon sugar.
- Pinch of salt.

Mix dry ingredients together, then add moist ingredients. Muffin pans must be well greased and hot before putting mixture in oven.

Parker House Rolls.

- $\frac{1}{2}$ cup milk.
- $\frac{1}{2}$ tablespoon butter.
- $\frac{1}{2}$ tablespoon sugar.
- $\frac{1}{4}$ teaspoon salt.
- $\frac{3}{4}$ yeast cake.
- $\frac{3}{4}$ cup flour for sponge.

Flour enough to make a dough.

Prepare the same as for bread, adding $\frac{3}{4}$ cup flour after the yeast, beat with a wooden spoon, let it rise until light. Add sufficient flour to make a dough and knead until smooth, let it rise again until double its bulk. Knead and roll until $\frac{1}{2}$ inch thick. Cut with biscuit cutter, spread melted butter over half, then turn other half over. Press each roll at edges, set them in a warm place to rise. Bake in a hot oven.

Bran Muffins.

- $\frac{1}{2}$ cup flour.
- $\frac{1}{2}$ teaspoon soda.
- $\frac{1}{4}$ teaspoon salt.
- 1 cup bran.
- $\frac{1}{2}$ cup milk.
- $2\frac{1}{2}$ tablespoons of molasses.
- 1 egg.

Sift flour, soda and salt together. Add milk, molasses, bran, then well beaten egg. Bake in hot buttered muffin tins.

Graham Bread.

- $2\frac{1}{2}$ cups liquid (water or milk and water).
- $\frac{1}{3}$ cup molasses.
- $1\frac{1}{2}$ teaspoons salt.
- 1 yeast cake dissolved in a little lukewarm water.
- 3 cups Graham flour.
- 3 cups flour.

Add molasses and salt to liquid when lukewarm, add dissolved yeast cake. Beat thoroughly, cover and let rise. Again beat and turn into buttered bread tins, let rise, and bake, have this about half full, and do not let rise to quite double its bulk.

EGGS

Boiled Egg.

Put egg on in cold water, allow to come to the boiling point and remove.

Boiled Egg.

Pour boiling water over egg, remove to back of stove, cover, let stand for seven minutes.

Hard Boiled Egg.

Cook for forty minutes in water at 175 F.

Poached Egg.

Break egg into saucer, slip into boiling salted water. Cook until white is of jelly like consistency, serve on small piece of toast.

Baked Egg.

Beat white of egg until stiff. Pour in a cup, drop yolk in centre (make a little nest of the white of egg) and bake till firm.

Hominy Omelet.

1 egg,

3 tablespoons of cooked hominy
(hot)

White of 1 egg,

Salt and pepper.

Mix yolk with hominy, salt and pepper, fold in whites and cook as foamy omelet, serve with a little curled bacon.

Foamy Omelet.

Beat yolk until creamy, add pepper and one tablespoon milk. Beat white with pinch of salt. Cook as sweet omelet. Serve with parsley.

Bread Omelet.

Yolk of one egg, two tablespoons of bread crumbs, two tablespoons milk, white of one egg, one teaspoon butter, salt.

Cover bread crumbs with milk, let stand until bread has absorbed milk, then proceed as in making foamy omelet, add bread to yolk.

Beef Omelet.

Dissolve $\frac{1}{2}$ teaspoon beef extract in $\frac{3}{4}$ tablespoon boiling water, add this to well beaten yolk of one egg, pepper, salt. Fold in well beaten white and cook as ordinary omelet.

Curried Eggs.

1 hard boiled egg, cut in half, make a white sauce, $\frac{1}{4}$ cup milk, 1 teaspoon butter, 1 teaspoon flour. Cook flour and butter together, add milk, mix $\frac{1}{4}$ teaspoon curry powder with a little water, add to white sauce. Add hard boiled egg and allow to get thoroughly heated. Serve at once.

Omelet Sweet.

Beat egg until very light, add 1 tablespoon milk, salt. Heat small frying pan, add a small piece of butter. Pour in omelet and cook until golden brown underneath. Remove to gas oven, or place hot lid of stove closely over omelet. When dry to the touch remove, spread one half with fruit or preserve, fold other half over and serve sprinkled with powdered sugar.

Coddled Eggs.

Beat egg, add 1 tablespoon of milk, 1 teaspoon butter, salt and pepper. Cook over hot water, stirring constantly until of a creamy consistency, add seasoning, serve hot on toast.

Creamed Eggs.

1 hard boiled egg, make white sauce of $\frac{1}{4}$ cup milk, 1 teaspoon butter, 1 teaspoon flour. Chop white of egg, add to white sauce, pour on toast or shredded wheat biscuit, force yolk through sieve and pile on top of white sauce—garnish with parsley.

CAKES

Sponge Cake.

- $\frac{1}{2}$ cup cold water.
- Yolks of 2 eggs.
- Whites 2 eggs.
- $\frac{1}{2}$ cup sugar.
- $\frac{3}{4}$ tablespoon corn starch and add flour to fill $\frac{1}{2}$ cup (cornstarch and flour together), $\frac{3}{4}$ teaspoon baking powder.
- Pinch of salt. Flavoring.

Beat yoke thoroughly, add sugar gradually, then water. Sift flour, cornstarch and baking powder together three times. Add beaten white of egg and flour mixture alternately. Butter mould, sprinkle with flour and sugar mixed, pour cake in, bake in a moderate oven.

Cream Cake.

- 2 tablespoons butter.
- $\frac{1}{4}$ cup sugar.
- $\frac{1}{2}$ cup flour.
- $\frac{1}{2}$ teaspoon baking powder.
- $\frac{1}{3}$ cup milk.

White of 1 egg beaten stiff, flavoring (bitter almond). Cream, butter and sugar, add milk and flour (baking powder sifted in flour) alternately. Fold in white of egg. Bake in moderate oven.

Gingerbread.

- $\frac{1}{4}$ cup molasses.
- $\frac{1}{2}$ tablespoon butter.
- $\frac{1}{4}$ teaspoon ginger.
- $\frac{1}{2}$ cup flour (scant).
- $\frac{1}{2}$ teaspoon baking powder.
- $\frac{1}{4}$ of an egg.
- $\frac{1}{8}$ cup of milk.

Nut Cake.

- $\frac{1}{8}$ cup butter.
- $\frac{1}{4}$ cup sugar.
- $\frac{1}{2}$ an egg.
- $\frac{1}{8}$ cup milk.
- $\frac{1}{2}$ cup flour.
- $\frac{3}{4}$ teaspoon baking powder.

Prepare as ordinary cake, add nuts before adding the well beaten white of egg. Moderate oven.

Canary Cake.

- 1 dessertspoon butter.
- $2\frac{1}{2}$ dessertspoons sugar.
- Yoke of 1 egg.
- $\frac{1}{3}$ cup flour.
- $\frac{1}{4}$ teaspoon baking powder.
- 2 dessertspoons of milk.
- 1 teaspoon grated rind of lemon.

Orange Cake.

- $\frac{1}{8}$ cup butter.
- $\frac{1}{2}$ cup sugar.
- 1 egg.
- $\frac{1}{4}$ cup milk.
- 5-6 cup flour.
- 1 teaspoon baking powder.
- 1 teaspoon grated rind of orange.

Poor Man's Cake.

- $\frac{1}{4}$ cup of butter.
- $\frac{1}{2}$ cup sugar.
- 1 egg.
- $\frac{1}{2}$ cup of milk.
- $1\frac{1}{2}$ cups of flour, or enough to make a cake batter.
- $1\frac{1}{2}$ teaspoon baking powder.

Cream sugar and butter, add yolk, beat, sift flour and baking powder together, add milk and flour alternately. Bake as a layer cake. Put orange or lemon filling.

MEMORANDUM

muffins. (Mrs Peterson)

2 eggs (whites & yolks beaten well
but seperably)

2 cups of flour

2 teaspoons of B.P. sifted with
flour and mixed with yolks

1 cup of milk

1 teaspoon of salt

1 dessert spoon of sugar

2 table spoons of melted butter

mix every thing with whites
of eggs and bake in hot buttered
tins

Brown sugar
1 Egg. 1 Table spoon butter
1/2 Cup sugar. 1 Cup milk
1/2 Cup flour. 2 Table spoons
baking powder. 1 Teaspoon
soda. 1 Teaspoon salt
Bake 20 min. in hot oven

Uncooked Frosting

Cream 2 cups powdered
sugar. 2 Table spoons milk
4 Teaspoons Cocoa. 1 Egg
1/2 Teaspoon vanilla. 2 Teaspoons
butter

MEMORANDUM

Snow Cake.

- 1 dessertspoon of butter.
- 2½ dessertspoons sugar.
- White of egg.
- ⅓ cup flour.
- ¼ teaspoon baking powder.
- 2 dessertspoons water.
- 1 teaspoon lemon juice and rind.

Cream butter and sugar, add yolk of egg, beat thoroughly, add water and flour alternately, lastly fold in the well beaten whites.

Plain Cake.

1 tablespoon butter, ¼ cup sugar, ⅛ cup milk (2 tablespoons), ½ teaspoon baking powder, 6 tablespoons flour, ½ egg, beat yolk and white and divide. Measure with a teaspoon. Cream butter and sugar, separate yolk, beat and measure ½ add to sugar, then flour, baking powder and milk alternately, add flavoring. Fold in well beaten white of egg. Bake in a moderate oven.

FRUITS

Baked Apple.

Wipe, core and pare a sour apple. Fill the cavities with sugar and a little lemon juice if desired. Put in earthenware dish and bake in hot oven, basting frequently. Serve hot or cold with cream.

Apple Sauce.

Peel apples, cut in slices, sprinkle with sugar and pour only enough water over them to keep from burning. When cooked force through a sieve.

Fruit Salad.

Arrange layer of orange pulp, strawberries and bananas, cut in slices, sprinkle with powdered sugar and lemon juice. Malaga grapes, skinned and seeded, may be used, also pineapple. Serve ice cold.

Grape Fruit.

Cut grape fruit in half with a sharp pointed knife, separate pulp from skin, remove tough part, sprinkle fruit pulp left in skin with sugar, also sherry if liked. Serve garnished with candied cherries.

Stewed Figs.

$\frac{1}{4}$ cup chopped figs, $\frac{1}{2}$ cup water, $\frac{1}{2}$ tablespoon sugar, pinch of salt, 1 teaspoon lemon juice; cook figs in sugar in double boiler for two hours. Add salt and lemon. Serve hot or cold.

Banana Foam.

Peel and slice half a banana, a few drops of lemon juice. Add the white of one egg. Beat twenty minutes. Serve with boiled custard.

Baked Banana.

Cut banana in half lengthwise, sprinkle with sugar and a few drops of lemon juice, cook till quite soft. Serve at once.

Water Ice and Ice Creams.

Have a 1-pound empty baking powder tin, a small lard pail or crock, a silver-plated knife and spoon. These fill the place of an ice cream freezer.

Finely crushed ice, coarse salt. They are used in the proportion of 1 part salt, 3 parts ice. These proportions produce a smooth, fine grained cream. Water ices, use $\frac{1}{2}$ salt, $\frac{1}{2}$ ice, cover bottom of pail with crushed ice, put in baking powder tin and surround with ice and salt in proper proportions, adding ice and salt alternately until nearly up to cover of tin, turn baking powder tin with hand, as soon as mixture begins to freeze, remove with knife and mix with portion that is not frozen, repeat until all is frozen.

Coffee Punch.

$\frac{1}{2}$ cup strong coffee.

$\frac{1}{4}$ cup heavy cream.

Sugar to taste.

Freeze these, add 1 tablespoon brandy and $\frac{1}{4}$ cup whipped cream. Let it stand half an hour. Stir well before serving.

Cranberry Jelly.

$\frac{1}{2}$ cup washed cranberries, $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup water. Boil five minutes. Strain through sieve into small moulds.

Nut Ice Cream.

Make vanilla ice cream, using almond flavoring instead of vanilla, chop blanched almonds, walnuts, filberts or pecan nuts, and add to cream mixture when nearly frozen.

Sugar Syrup.

2 cups sugar and $\frac{1}{2}$ cup water, put into a saucepan on fire, stir until sugar is dissolved. Cook slowly until quite clear. This will keep in gem jar. Ices are better sweetened with syrup than sugar. The sweetness must be determined by taste.

Strawberry Ice Cream.

Follow vanilla recipe, mash $\frac{1}{2}$ cup of fresh strawberries to a pulp, add to vanilla ice cream mixture and freeze. More sugar may be required. Raspberries may be used instead of strawberries.

Chocolate Ice Cream.

$\frac{1}{2}$ cup cream

1 tablespoon boiling water.

$\frac{1}{2}$ square of chocolate.

1 tablespoon sugar (more if required).

Pinch of salt, vanilla.

Dissolve chocolate in hot water. Add sugar and part of cream. Allow to scald. Cool. Add to remainder of cream, well beaten, freeze.

Tutti Frutti.

Make a vanilla ice cream. Cut into small dice candied cherries, apricots and plums, other fruit may be used if desired. Let the fruit soak in a little sherry, when cream mixture is nearly frozen, add fruit and continue to freeze.

Custard Ice Cream.

$\frac{1}{2}$ cup milk.

Yolk of 1 egg.

2 tablespoons sugar.

$1\frac{1}{2}$ tablespoons brandy or sherry.

Beat egg and sugar thoroughly, pour over hot milk, add brandy and well-beaten white of egg, cool and freeze. May be served in egg shell, placed in lemon cup, made by removing pulp of $\frac{1}{2}$ lemon and place shell under.

Vanilla Ice Cream.

$\frac{1}{2}$ cup of cream,

1 tablespoon sugar,

Pinch of salt,

Vanilla to taste.

Scald $\frac{1}{4}$ cup cream, dissolve sugar in this. Add salt and vanilla. Beat $\frac{1}{4}$ cup cream. Allow scalded mixture to cool, add to whipped cream and freeze.

Pineapple Ice.

$\frac{1}{4}$ cup shredded pineapple.

$\frac{1}{2}$ cup cold water.

1 tablespoon lemon juice.

$\frac{1}{2}$ teaspoon gran. gelatine.

Sugar if required.

Allow pineapple to stand in water for half an hour, force through strainer, add lemon juice and sugar. Freeze.

Macaroon Ice Cream.

Use vanilla ice cream mixture. Roll or powder stale macaroons, should be 2-tablespoons. Allow this to stand half an hour. Freeze.

Beef Juice Ice.

- $\frac{1}{2}$ cup beef juice.
- $\frac{1}{2}$ teaspoon gran. gelatine.
- 1 tablespoon hot water.
- Celery salt and pepper.

Dissolve gelatine in water, add beef juice, salt and pepper. Freeze.

Lemon Ice.

- $\frac{1}{4}$ cup sugar.
- $\frac{1}{2}$ cup boiling water.
- $\frac{1}{2}$ teaspoon granulated gelatine.
- 2 tablespoons lemon juice.

Dissolve gelatine in water, add sugar, lemon juice. Freeze.

Grape Fruit Ice.

- $\frac{1}{2}$ cup boiling water.
- $\frac{1}{2}$ cup grape fruit juice.
- $\frac{1}{4}$ cup sugar (more if needed).
- $\frac{1}{2}$ teaspoon gelatine.

Follow same directions as lemon ice. Freeze.

INFANT FEEDING

Some General Information for the Benefit of Those who Use This Book.

As the problem of infant feeding is an ever-present one, and as the well-being, yes, the very life of the child, so often depends upon proper feeding, we shall attempt herein to set forth a system of feeding, which if carefully followed out, should prove sufficient for an average infant during the first year of life.

Let it here be emphasized that infants cannot be fed by rule of thumb or by any set rule. Every baby must be a law unto itself.

When we find it necessary to feed artificially the baby, we are attacking in many instances a most difficult problem.

Our aim must be to find a food as nearly akin as possible to the child's natural food, and having considered the many foods and preparations at our disposal, we turn again to fresh cow's milk, which, after all, is our best substitute for mother's milk, containing as it does all the ingredients of the child's natural food. The percentages of these ingredients, however, differ, and our problem is so to modify cow's milk that it may suit the child's digestive powers.

Compare the composition of the two milks.

In the first place, we find the contained fat practically the same, 4%. The percentage of sugar lactose, in mother's milk is 7%, while cow's milk contains about 4 to 5%. The salts in mother's milk are .3%, against .7% in the cow's, mother's milk always alkaline, cow's usually acid.

It is in the proteins that we find the marked difference, mother's milk containing 2.2%, cow's 3.5 to 4%. Not only do the proteins differ in total quantity, but they also differ markedly in their percentage composition.

Compare the proteins in the two milks.

Contained proteins.

First, a soluble protein lactalbumin.

Second, an insoluble protein casein.

	Mother's milk.	Cow's milk.
Lactalbumin ..	1.6%	.75% to 1
Casein6%	2.75% to 3

The lactalbumin precipitates a fine flocculent curds.

The casein in hard, firm masses; and this it is that makes it so difficult for the average baby to digest unmodified cow's milk.

The percentage of water in the two milks is about the same.

Human milk is usually sterile, while cow's milk usually contains disease-breeding bacteria.

In order, therefore, to suit cow's milk to the infant's digestion, or, in other words, to make it more closely resemble mother's milk, we must add to the contained sugar, render it slightly alkaline, pasteurize or sterilize if necessary, and reduce the casein. In the proper modification of this latter lies to a great extent the secret of our success or failure in infant feeding.

How may we best reduce the casein?

If we rely merely upon simple dilution with water, while we certainly bring down the percentage of casein, we must remember that we also reduce the lactalbumin, the soluble protein we wish to conserve, and when a marked reduction is required, for example, when we desire 50 per cent. casein, we have so reduced the lactalbumin that the child practically has to rely on the insoluble casein for its

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proteid food. We are here surely defeating our own ends, for do we not seek to obtain a food rich as possible in lactalbumin and low in casein, so we turn from simple water-dilution and look for other methods.

In cereal water barley, oatmeal or rice, we have a dilutent mechanically preventing the formation of firm curd, but here we introduce a foreign substance (starch), one not akin to the child's natural food, and one under ordinary circumstances, unsuitable to the infant's digestive powers.

From the above we see that dilution with water or cereal water is at best an incorrect method of modifying cow's milk for infantile digestion. So we seek to solve our problem by other means, namely by using as a basis of our food a fluid containing the total lactalbumin of the milk. How may we obtain this fluid? By the addition of rennin (junket tablet), to milk at body temperature, the casein is separated in the form of curd, which confines the fat in its meshes, leaving us a fluid containing lactalbumin salts, sugar and water of the milk, and this fluid is called whey.

Therefore with whey as a working basis, adding fat by means of cream, casein by skim milk, sugar by lactose, we are able to build up mixtures of almost any desired strength, containing the maximum per cent. of soluble protein.

The required calculations are easily overcome by means of a simple formula (to be explained).

This percentage modification enables us to be accurate, and especially does it give us control over the dangerous, insoluble protein casein.

Let me here emphasize a most important point. Experience has taught us that, in substituting cow's milk for the infant's natural food, we must start with percentages lower than those found in maternal milk, or in

other words, start with a food well within the child's digestive powers, and work up. How shall we estimate the child's digestive powers? We must be guided by the weight indications and general condition, and not by the age alone. A sickly baby of six months will probably weigh no more than a healthy one of three months, and in all likelihood would not digest a stronger food than the latter. Every baby must be a law unto itself. For the feeding of an average healthy baby the following table will answer as a guide:—

Week.	Fat.	Sugar.	Total Protein.	Amt, at each Feed, in ozs.	No. of feedings.	Interval.	Night Feedings.
1st ..	2%	5%	.75%	1½	10	2 hrs.	2
2nd ..	2.5	6	.75	2	10	2 hrs.	2
Mth.							
2nd ..	3	6	1	3	9	2½ hrs.	2
3rd ..	3	6.5	1.25	3½	8	3 hrs.	1
4th ..	3.5	7	1.5	4	8	3 hrs.	1
5th ..	3.5	7	1.75	5	7	3 hrs.	1
6 to 10	4	7	2	7	6	3 hrs.	0
11th..	4	5	2.5	8.9	5	4 hrs.	0
12th..	4	5	3	8.9	5	4 hrs.	0

Having decided what percentages of fat, casein and sugar we wish to give the baby we are enabled to build up the mixture by means of our formula.

Using whey as our basis, we need not consider the lactalbumin, which is always present in a fairly constant quantity.

For example, we wish to obtain a mixture containing: Fat 4%, casein .5%, sugar 6%.

The formula reads:

F=amount of fat required.

¼F=No. of oz. 32% cream.

Cas.=amount of casein required.

Cas. x 3=No. of oz. whole milk.

S.—amount of sugar required.
1-10 (s-4)=No. of oz. sugar of milk.
Whey to 10 oz.

Therefore the required mixture will be:

$\frac{1}{4}$ of 4 = 1 oz. of 32% cream.

.5x3 = 1.5 oz. whole milk.

1-10 (6-4) = 1.5 oz. of sugar of milk.

Up to 10 oz. with whey.

It must be remembered that the whey contains some still active rennin, which would curdle the added milk and cream, so we must destroy the ferment by heating the whey to 160° F. before adding these ingredients.

Proceed as follows:

Heat whey to 160° F., adding required lactose.

Cool sweetened whey as quickly as possible.

When cool add required amounts of milk and cream.

Render alkaline by the addition of Sod. Bi Carb. gr. $\frac{1}{2}$ to the oz., or Sod. Citrate, gr. $\frac{1}{3}$ to the oz.

When possible I think it better to prepare the total quantity for 24 hours, then place in the required number of bottles, sealed with non-absorbent cotton, or in a gem jar, and Pasteurize by keeping at a temperature of 158° F. for fifteen minutes, or sterilize at 212° F. for one hour. The latter process, however, precipitates the lactalbumin and alters the taste of the mixture.

The food should be cooled quickly, and if possible kept in ice until required. Before the feeding, the mixture should be raised to body temperature by placing the bottle containing the feeding in warm water for a few minutes.

N. B.—Strict asepsis must be maintained in the preparation and hand-

ling of the food. This is a matter of no small importance, and one which, I am sorry to say, is only too often overlooked.

Top Milk and Whey Method of Milk Modification.

Where milk is delivered in bottles this method may be used.

What is "Top Milk?"

When milk has stood in the bottle for six or eight hours the fat rises to the top, and appears in a distinct layer. This layer is the "Top Milk," and for our purposes may be considered as ordinary milk, containing a high percentage of fat. In other words, "Top Milk" contains the same percentages of proteins and sugar that exist in ordinary milk. In a quart bottle of average milk there are about six (6) ozs. of "Top Milk," and this 6 ozs., instead of containing 4% of fat (the per cent. of fat in ordinary milk), contains 16% of fat. That is to say, where the total 6 ozs. are mixed we have a 16% milk; but if we take the "Top Milk" oz. by oz. we find that the first, that is to say, the topmost oz., contains 25% of fat; the second oz., 23%; the third, 19%; the fourth, 18½%; the fifth 10½%, and the sixth, 4¾%.

By mixing the top two ozs. we get 24% fat.

By mixing the top three ozs. we get 22½% fat.

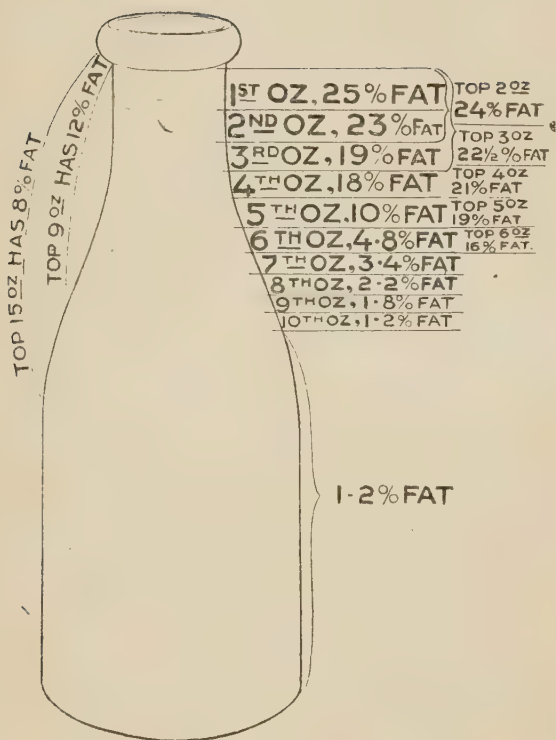
By mixing the top four ozs. we get 21% fat.

By mixing the top five ozs. we get 19% fat.

By taking nine ozs. from the top of the bottle we get a 12% milk.

If the top 15 ozs. are taken we have an 8% milk.

So by means of top, or super-fatted, milk using whey or water as diluents, we are able to obtain milk mixtures



A MILK BOTTLE .

of almost any desired strength, in fat or protein.

Example No. 1.

We wish to give the child the following mixture: Fat 4%, protein 1%, sugar 6%. (N.B.—The 1% protein is over and above the .75% lactalbumin that is present in the whey).

We take 16% milk, that is, the upper six ounces, in the quart bottle.

To bring the fat down to 4% we must dilute the 16% milk four times, that is, add three (3) equal volumes of our diluent, whey.

So 1 oz. of 16% milk + 3 ozs. whey = 4 ozs. of a mixture containing 4% of fat—the percentage desired.

We have also diluted the protein of the 16% milk four times. As this was 3.75% it will now be .92, or approximately 1%.

The percentage of sugar (4%) has not been altered, as the whey contains the total sugar of the milk. We, therefore, must add 2% sugar to our mixture. Therefore, 2-100 of 4 ozs. = 1-12 of an oz., or about $\frac{1}{2}$ of a teaspoonful.

So to make 4 ozs. of a 4 fat, 1 prot., 6 sugar mixture, we take

1 oz. 16% of milk.

3 ozs. whey.

$\frac{1}{2}$ teaspoonful sugar.

For a larger quantity:

6 ozs. of 16% milk.

18 ozs. whey.

1 tablespoon sugar.

Again, if we wish to give an ordinary amount of fat but very low protein, we will use the uppermost ounces of the "Top Milk." Upper 2 ozs. contain 24% fat. To reduce 24% milk to 4% we must dilute it six (6) times, or add 5 equal volumes of diluent.

Therefore, 1 oz. 24% milk + 5 ozs. whey = 6 ozs. mixture of 4% fat.

The protein has also been reduced 6 times. This would bring it down to .6%. The sugar remains at 4%, and it is a very simple matter to add to this amount. We might even desire a weaker mixture than this. Let us reduce the fat to 3%. We must dilute 8 times, that is, 1 oz. 24% milk, + 7 ozs. whey = 8 ozs. mixture, containing 3% fat and .4% protein. In this mixture the child would get almost no proteid save that contained in the whey.

Now, if we wish a stronger mixture, say, fat 4% and proteids about 2%, we will take the top 15 ozs. of the milk. This contains about 8% fat. Proteins same as in ordinary milk.

With equal volumes of this 8% milk and whey we get a mixture containing fat 4%, protein 1.9, or almost 2%.

Time and space do not permit of further examples, but from the above we see that mixtures of almost any strength may be obtained by using milks containing higher or lower percentages of fat.

The different ounces of "Top Milk" are best removed by means of a "cream dipper." This is made to contain exactly $\frac{1}{2}$ or 1 oz. The top half-ounce may have to be removed by a spoon to prevent overflow, which the introduction of the dipper into a full bottle would cause.

Cream dippers may be obtained from the Hospital.

Outfit.

The outfit required in the preparation of this food is as follows: Floating dairy thermometer, one double boiler, junket tablets, one medium bowl, milk strainer, butter cloth, graduate glass, cream dipper.

The Feeding.

From ten to twenty minutes should be occupied with each nursing, and



A CREAM DIPPER.

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during this time the infant should, if possible, be held in the nurse's arms. The nursing bottle should be so supported as to completely fill the neck with the food, to prevent the child from sucking in air. In institution work, where it is impossible for a nurse to hold each baby, the infant should be slightly supported by pillows, and the bottle held in position by means of the wire holder used in this Hospital.

The question now arises, When and how shall we add to the infant's dietary? Up to the tenth month, if possible, no departure should be made from milk mixtures. After this the sugar (lactose) may be lowered to 5%, and starch in the form of cereal gruel may be added to each feeding. At first add from $\frac{1}{2}$ to 1 oz. of gruel to each feeding, increasing this as the child's starch digesting power improves.

After the twelfth month the child should be gradually weaned from the bottle, and by the fourteenth month, in most cases, should be fed from spoon and cup, save the last feeding at night, when the child may be allowed the bottle.

During the second year of life as much care is required in feeding as during the first. Milk should be the basis of the diet. This requires little modification, save the addition of about 5 per cent. lime water, pasteurizing if necessary. In addition the child may have barley, oatmeal or arrowroot gruel, lightly boiled yolk of egg with stale bread crumbs. Beef, mutton or chicken broth, and ripe fruit juice. Five meals at four hour intervals should be given.

Sample Diet.

- 1st. Meal 7 a.m. Cup of warm milk.
- 2nd. Meal 10.30 a.m. Warm milk and barley gruel.

3rd. Meal 2 p.m. Cup of beef, mutton or chicken broth with bread crumbs, or yolk of lightly boiled egg with bread crumbs twice a week.

4th. Meal 5 p.m. Milk and barley gruel.

5th. Meal 10 p.m. Cup of warm milk.

Boiled water may be given between meals.

Orange juice, 1 ounce, may be given between first and second feeding. The child should be given a stale crust of bread at its second or fourth meal and allowed to nibble at it dry.

By the eighteenth month, bread and butter, baked potato and scraped beef or mutton, one or two ounces, may be added.

Before closing I wish to emphasize a most important point; that is the recognition of the symptoms of dietetic error.

What are these symptoms. When the protein is too low.

1st. The stool is small and constipated, child is anemic.

2nd. Gain in weight is under normal or there is loss of weight. (Normal gain from 4 to 8 ozs. per week.)

Too high protein—Child has colic, vomiting usually $\frac{1}{2}$ hour after feeding. Stool contains curd and mucus, may be green or otherwise discolored.

Too low sugar—Constipation, child usually thin.

Too high sugar—Sour vomiting, one or two hours after meals, acid eructations. Stool grass green and very irritating.

Too low fat—Slow gain in weight.

Too high fat—Vomiting an hour after feeding. Stools may be thin and greenish yellow with masses of undigested fat and mucus. Stool may be large white rather dry having the odor of rancid butter.

It must be understood that the food need not be changed to meet every

trifling alteration in the character of the stool.

To make whey:—

One quart skim milk at 100 degrees Fah. Add solution of one and one half junket tablets; mix. Pour into bowl and allow to set.

When curd is quite firm cut into small squares and place on butter cloth in strainer.

This whey should be clear straw colored fluid. When required quantity is strained off. Place in double boiler and heat to 160 Fah., using floating dairy thermometer. Then cool quickly.

To make whey; second method:—

Take one quart of skim milk, $1\frac{1}{2}$ junket tablets (dissolved in little water); heat milk to 100 Fah., and add solution of junket tablets. As soon as curdling begins keep the milk agitated till the process is complete (about ten minutes). The agitation allows the formation of only very fine curds, and the whey separates readily. Allow the curd to settle, then strain the whey through two thicknesses of butter cloth placed in a fine milk strainer, and heat to 160 Fah., to kill the ferment. Cool as soon as possible. This is by far the quickest and most economical method of whey making.

One should not be discouraged if they do not make good whey the first time, it requires practice as well as care.

Infants' Outfit.

Bottles, better one for each feeding, at least three. They should be plain tapered, wide-mouthed, with no corners, graduated in ounces.

Nipples—Plain black rubber, conical. Should turn inside out with ease. Hole pierced with red hot darning needle.

Care of bottles—They should be rinsed in cold water after the feeding,

then scalded or boiled and filled to the neck with boric ac sol. 1-40.

Rinse with sterile water before using.

Care of nipples — They should be turned and thoroughly washed then scalded and kept in same solution as bottles. Rinse in sterile water before using.

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1½ Lill Cologne - 63
½ Lill Glycerine - 23
½ Lill Alcohol - 23
¼ oz Gum Tragacanth
1 pt warm water. 16-3
1 Lill = 4 oz.

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